



Fig 1

34 ↓	26 ↓	30 ↓	36 ↓	38 ↓	32 ↓
<u>Soups</u>			<u>Burgers</u>		
Menu Compatibility			Menu Compatibility		
B	♥	Buffalo Chili	B	♥	Buffalo Burger
B	♥	Spicy Chicken Gumbo	B		Classic Burger
38 → LC	♥ V	Hearty French Onion	B		Peppercorn Burger
	♥ V	Red Beans and Rice	V	♥	Veggie Burger
			B	♥	Salmon Burger
<u>Salads</u>			<u>Sandwiches</u>		
Served with fresh whole grain roll			Includes side item of choice		
B	LC ♥	Ginger Chicken Salad	B	♥	Blackened Chicken
B	LC ♥	Caesar Salad	B	♥	Honey-Garlic Chicken
		available with blackened chicken,	B	♥	Chipotle Sage Chicken
		honey-garlic chicken, salmon	B	♥	Salmon Filet
B	LC ♥	Blackened Chicken Salad	B	♥	Shaved BBQ Pork
B	LC	Thai Peanut Salad with Chicke			
LC	♥ V	Mixed Green Salad			
<u>Wraps</u>			<u>Panini</u>		
		Includes side item of choice			Includes side item of choice
B	♥	Thai Peanut Chicken Wra	V	♥	Anaheim Pepper and Sun-dried
B	♥	Chicken Hummus Wrap	B	♥	Tomato Panino
♥	V	Veggie Hummus Wrap			
B	♥	Chipotle Sage Pork Wrap	B	♥	Turkey, Anaheim Pepper and
♥	V	Veggie Burrito			Sun-dried Tomato Panino
					Turkey and Cranberry Panino
					served with a side of deli mustard
			B		Ham and Tilamook Cheddar
					Panino
			B		Roast Beef with Au Jus and
					Horseradish Panino
<u>Side Dishes</u>			<u>Entrees</u>		
					served with side of choice and
V	♥	Baked Fries			salad or seasonal vegetable
V	♥	Baked Sweet Potato Fries	B	♥	LC Honey-garlic chicken Breast
V	♥ LC	Coleslaw	B	♥	LC Chipotle Sage Chicken Breast
V	♥ LC	Creamy Coleslaw	B	♥	LC Chipotle Sage Pork Loin
V	♥	Red Beans and Rice	B	♥	LC Blackened Chicken Breast
V	♥ LC	Green Salad	B	♥	LC Grilled Salmon Filet
V	♥	Hummus			
V	♥	Whole Grain Roll			
V	♥	Whole Grain Rice with			
		Cranberries and Walnuts			
			<u>Odds and Ends</u>		
					Extra Cheese
			LC B V		Fresh Salsa

Symbol Key:
 B= Balanced Protein and Carbohydrates
 LC= Low Carbohydrate
 V= Vegetarian
 ♥= Heart Friendly

Fig. 2

Satchel's Grill Menu: Items Listed by Diet Type

Pritikin Compliant

Buffalo Chili	\$2.95
Spicy Chicken Gumbo	\$2.95
Red Beans and Rice	\$2.95
Hearty French Onion Soup	\$2.95
Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
Blackened Chicken Salad	\$5.95
Thai Peanut Chicken Wrap	\$5.95
Chicken Hummus Wrap	\$5.95
Veggie Burrito	\$4.95
Buffalo Burger	\$5.95
Veggie Burger	\$5.95
Salmon burger	\$6.95

Body for Life Compliant

Buffalo Chili	\$2.95
Spicy chicken Gumbo	\$2.95
Ginger Chicken Salad	\$5.95
Caesar Salad with Chicken	\$5.95
Thai Peanut Salad	\$5.95
Chicken Hummus Wrap	\$5.95
Chipotle Sage Pork Wrap	\$5.95
Buffalo Burger	\$5.95
Classic Burger	\$5.95
Peppercorn Burger	\$5.95
Salmon Burger	\$6.95

Atkins Compliant

Hearty French Onion Soup	\$2.95
Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
Thai Peanut Salad	\$5.95
Chicken Breast Entrée	\$6.95
Blackened Chicken Entrée	\$6.95
Salmon Filet Entrée	\$6.95

Zone Compliant

Hearty French Onion Soup	\$2.95
Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
Thai Peanut Salad	\$5.95
Chicken Breast Entrée	\$6.95
Blackened Chicken Entrée	\$6.95
Salmon Filet Entrée	\$6.95

Fig. 3

Low Carbohydrate Diet

All items on this menu are consistent with a low carbohydrate diet such as the Atkins diet.

Soups

Hearty French Onion	\$2.95
Ginger Chicken Salad	\$5.95

Salads

Caesar Salad	\$2.95
available with blackened chicken,	
honey-garlic chicken, salmon	\$5.95
Blackened Chicken Salad	\$5.95
Thai Peanut Salad with Chicken	\$5.95
Mixed Green Salad	\$1.95

Entrees

Chipotle Sage Pork Loin	\$5.95
Buffalo Burger	\$5.95
Classic Burger	\$5.95
Peppercorn Burger	\$5.95
Salmon Burger	\$6.95

Burgers and Sandwiches served without
bread or bun

Side Dishes

Coleslaw	\$1.95
Creamy Coleslaw	\$1.95
Extra Cheese	\$0.75
Fresh Salsa	\$0.75

Beverages

Espresso	\$1.25
Doppio	\$1.50
Fresh Coffee	\$1.00

Fig. 4

Heart Friendly Diet

Soups

Served with fresh whole grain roll

Buffalo Chili	\$2.95
Spicy Chicken Gumbo	\$2.95
Hearty French Onion	\$2.95
Red Beans and Rice	\$1.95

Salads

Served with fresh whole grain roll

Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
available with blackened chicken, honey-garlic chicken, salmon	\$5.95
Blackened Chicken Salad	\$5.95
Thai Peanut Salad with Chicken	\$5.95
Mixed Green Salad	\$1.95

Wraps

Includes side item of choice

Chicken Hummus Wrap	\$5.95
Veggie Hummus Wrap	\$5.95
Chipotle Sage Wrap	\$5.95
Veggie Burrito	\$5.95

Burgers

Includes side item of choice

Buffalo Burger	\$5.95
Veggie Burger	\$5.95
Salmon Burger	\$6.95

Sandwiches

Includes side item of choice

Blackened Chicken	\$5.95
Honey-Garlic Chicken	\$5.95
Chipotle Sage Chicken	\$5.95
Salmon Filet	\$6.95
Shaved BBQ Pork	\$5.95

Panini

Includes side item of choice

Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey, Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey and Cranberry Panino	\$6.95

served with a side of deli mustard

Beverages

Wine (by the glass)	\$3.95
Bottled Tea or Juice	\$1.75
Espresso	\$1.25
Doppio	\$1.50
Cappuccino	\$1.75
Latte	\$1.95
Mocha	\$1.95
Fresh Coffee	\$1.00

Fig. 5

Balanced Protein and Carbohydrate Diet

Soups

Buffalo Chili	\$2.95
Spicy Chicken Gumbo	\$2.95

Salads

Served with fresh whole grain roll	
Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
available with blackened chicken,	
honey-garlic chicken, salmon	\$5.95
Blackened Chicken Salad	\$5.95
Thai Peanut Salad with Chicken	\$5.95
Mixed Green Salad	\$1.95

Wraps

Thai Peanut Chicken Wrap	\$5.95
Chicken Hummus Wrap	\$5.95
Veggie Hummus Wrap	\$5.95
Chipotle Sage Wrap	\$5.95

Burgers

Buffalo Burger	\$5.95
Classic Burger	\$5.95
Peppercorn Burger	\$5.95
Veggie Burger	\$5.95
Salmon Burger	\$6.95

Sandwiches

Blackened Chicken	\$5.95
Honey-Garlic Chicken	\$5.95
Chipotle Sage Chicken	\$5.95
Salmon Filet	\$6.95
Shaved BBQ Pork	\$5.95

Items on this menu are consistent with
balanced diets such as the Zone diet,
or the Body for Life diet.

Panini

Turkey, Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey and Cranberry Panino	\$6.95
served with a side of deli mustard	
Ham and Tilamook Cheddar Panino	\$6.95
Roast Beef with Au Jus and Horseradish Panino	\$6.95

Entrees

served with side of choice and salad or seasonal vegetable	
Honey-garlic chicken Breast	\$7.95
Chipotle Sage Chicken Breast	\$7.95
Chipotle Sage Pork Loin	\$7.95
Blackened Chicken Breast	\$7.95
Grilled Salmon Filet	\$8.95

Side Dishes

Baked Fries	\$2.95
Baked Sweet Potato Fries	\$2.95
Coleslaw	\$1.95
Creamy Coleslaw	\$1.95
Red Beans and Rice	\$1.95
Green Salad	\$1.95
Hummus	\$2.95
Whole Grain Roll	\$0.95
Whole Grain Rice with Cranberries and Walnuts	\$1.95

Beverages

Espresso	\$1.25
Doppio	\$1.50
Cappuccino	\$1.75
Latte	\$1.95
Mocha	\$1.95
Fresh Coffee	\$1.00
Bottled Tea or Juice	\$1.75

Fig. 6

Vegetarian Diet

Soups

Served with fresh whole grain roll

Hearty French Onion	\$2.95
Red Beans and Rice	\$1.95

Salads

Served with fresh whole grain roll

Caesar Salad	\$2.95
Mixed Green Salad	\$1.95

Wraps

Includes side item of choice

Veggie Hummus Wrap	\$5.95
Veggie Burrito	\$5.95

Burgers

Includes side item of choice

Veggie Burger	\$5.95
---------------	--------

Panini

Includes side item of choice

Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
---	--------

Side Dishes

Baked Fries	\$2.95
Baked Sweet Potato Fries	\$2.95
Coleslaw	\$1.95
Creamy Coleslaw	\$1.95
Red Beans and Rice	\$1.95
Green Salad	\$1.95
Hummus	\$2.95
Whole Grain Roll	\$0.95
Whole Grain Rice with Cranberries and Walnuts	\$1.95

Beverages

Draught Beer	\$3.00
Bottled Beer	\$2.50
Wine (by the glass)	\$3.95
Fountain drinks	\$1.50
Bottled Tea or Juice	\$1.75
Espresso	\$1.25
Doppio	\$1.50
Cappuccino	\$1.75
Latte	\$1.95
Mocha	\$1.95
Fresh Coffee	\$1.00

Fig. 7